

## **WIC Lesson Plan Template and Guidance**

Refer to the following WIC Policies: NED 02.02.00 Nutrition Education Contact-Second, Low Risk, NED 03.00.00 Nutrition Education Methods, NED 03.01.01 Nutrition Education Lesson Plans, NED 03.02.00 Nutrition Education-Group, NED 03.03.00 Nutrition Education-Individual Self-Study

**Title:** The title of the lesson

### **Target Audience:**

List target audience as WIC client categories. (PG, BF, PP, I<6 months, I> 6 months, C) Most lesson plans will not apply to all client categories. For example, a lesson about using lowfat milk would not apply to the I (infant) category or C (child) category under 2 years old.

### **Objectives: The client will:**

Objectives should be action items that the client will be able to do as a result of the information shared through this lesson. Each lesson should include two or more objectives.

Appropriate action terms for use in objectives include: add, apply, assess, choose, compare, conclude, contact, correlate, define, demonstrate, describe, design, determine, develop, differentiate, discuss, distinguish, encourage, estimate, evaluate, explain, express, identify, incorporate, introduce, list, name, obtain, place, plan, prepare, provide, purchase, recognize, select, state, suggest, try, write, etc.

For example, an objective might be: The client will name at least four healthy snacks that require very little preparation.

### **Teaching Materials Needed, Including Handouts:**

This section is optional but is recommended to include supplies, handouts, equipment, etc. needed to present the lesson. List the specific handouts to be used. If possible, attach copies of the handouts to the lesson plan.

### **Advance Preparation Needed:**

This section is optional but is recommended for setting up or presenting the lesson.

### **Class Outline and Methods:**

This is the most important part of the lesson plan. This is the section which should instruct the presenter on exactly what will be presented and how the information should be shared with the clients. If this lesson is for a class, this section can be an outline of each part of the presentation, including an opening/introduction, open-ended questions that will be asked of the clients and a closing.

Or this section can include a brief summary of the information that will be shared. The amount of detail included here will depend on how well informed the presenter/s is about the topic. In this section it may be helpful to include general information and facts about the topic so that other staff would be able to gain some basic information about the topic in case clients ask questions.

**The information included in this section should include enough detail to show how this lesson applies to each one of the client categories listed above in Target Audience.**

**Interactive Component:**

One or more interactive activities that will be used in this lesson should be listed here. See the List of Suggested Interactive Activities for further ideas. **If the interactive component used in this lesson does not involve any client conversation/interaction with the WIC staff, then the evaluation/goal setting part of this lesson must include conversation/interaction with the WIC staff.**

**Behavior Change Goal:**

The lesson plan must include an opportunity for the client to set a behavior change goal, and preferably, to identify ways to achieve that change. To help the client successfully achieve their goal, it will be helpful to have the client take something home that lists their goal and the identified ways to achieve it.

This component may be part of the evaluation or a separate activity.

Clinics are encouraged to document goals in KWIC for secondary education.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

Clients must be asked verbally or in writing whether they have any questions about the lesson. It should be determined that if a staff member is unable to answer a client's question, then there should be a plan as to how that client's question will be answered.

**Evaluation**

Include here how the client will be evaluated on their knowledge gained as a result of this lesson. If there is not a separate activity where the client sets a behavior change goal, then the evaluation must include an opportunity for the client to set a behavior change goal related to this lesson.

If the evaluation will consist of having WIC staff ask the client several pertinent questions related to the lesson, the suggested questions could be listed here.

If the evaluation will consist of a written evaluation that the client completes, a copy of the evaluation should be attached to this lesson plan. **If the evaluation component of this lesson includes only a written form, then the interactive component of this lesson must include conversation/interaction with the WIC staff.**

**Comments/Other:**

Any other pertinent information that needs to be included can be included here.

**Lesson Plan Written By:** \_\_\_\_\_

**Lesson Plan Approved By:** \_\_\_\_\_ **Date:** \_\_\_\_\_

The name of the person or source of the lesson plan should be written on the first line. The name of the WIC RD that approved the lesson plan and the date it was approved should be written on the second line. If the WIC RD uses a lesson plan from another source or modifies a lesson plan from another source, that source should be acknowledged here along with the WIC RD that approved the lesson plan.